

## WHAT IS CLAIMED IS:

1. A system for supporting the forearms and hands of a user performing repetitive tasks, comprising:

a support pad having a low-friction upper surface; and

first and second cradles, each of the first and second cradles comprising:

a first portion to support the lower portion of the forearm of a user, the first portion resting upon the upper surface of the support pad;

a second portion to support the hand of the user; and

a retaining device to attach the cradle to the lower forearm of the user.

2. The system as defined in Claim 1, wherein the low-friction upper surface comprises neoprene material.

3. The system as defined in Claim 1, wherein the support pad has a bottom surface, and wherein the height of the upper surface with respect to the bottom surface is adjustable.

4. The system as defined in Claim 3, wherein the height is adjustable by rotating at least one wheel threaded onto a stud.

5. The system as defined in Claim 1, wherein the retaining device comprises a bracelet fixed to the first portion.

6. The system as defined in Claim 1, wherein the retaining device comprises a hook and pile fastening system.

7. The system as defined in Claim 1, wherein the second portion includes a raised portion positioned to engage the palm of a user.

8. A method for reducing strains on the arms and shoulders of a user performing repetitive tasks such as typing and data entry, comprising:

positioning a support pad proximate a keyboard and generally in parallel to the front edge of the keyboard, the support pad having an upper surface, the upper surface comprising a low-friction material:

placing a cradle on each of the user's lower forearms and hands, the cradle having a forearm support portion and a hand support portion; and

positioning the forearm support portion of each cradle on the upper surface of the support pad with the hand support portions of each cradle directed toward the keyboard, the cradles supporting the user's arms and hands while the user performs the repetitive tasks.